

Statewide Health Resource Information

Utah Department of Health

www.health.utah.gov

Baby Your Baby	800-826-9662
Baby Watch/Early Intervention	800-961-4226
Children with Special Health Care Needs	800-829-8200
Child Care Resource Line	866-GET-HUGS
Fostering Healthy Children	800-829-8200
Immunization Info Line	800-275-0659
Pregnancy RiskLine	801-328-2229
Utah Birth Defect Network	866-818-7096
Women, Infants and Children (WIC)	877-WIC-KIDS
Arthritis Resource Line	801-538-9340
Cardiovascular Information Line	801-538-6240
Check Your Health	888-222-2542
Diabetes Information Line	888-222-2542
Domestic Violence Info Line	800-897-5465
Tobacco Free Resource Line	877-220-3466
Utah Tobacco Quit Line	888-567-TRUTH
Utah Tobacco Quit Line (TTY/hearing impaired)	877-777-6534
Utah Tobacco Quit Line (Spanish)	877-266-3863
Utah Cancer Control Resource Line	800-717-1811
Utah Cancer Action Network	888-222-2542
Child Health Insurance Program	877-KIDS-NOW
Medicaid Eligibility and Information	800-662-9651
Primary Care Network & Covered at Work	888-222-2542
RXConnect Utah Information Line	866-221-0265
Work Ability (disability and employment)	877-2GO-WORK
Birth and Death Certificate Information Line	801-538-6105
Child Care/Health Facility Licensing Info Line (Information/complaints)	888-287-3704
Home Health Hotline (Info & Complaints)	800-999-7339
Nursing Home Information	800-662-4157
General Public Health Resource Line (All languages can be assisted through Relay Utah and AT&T)	888-222-2542



Utah
Department of Health

NEWS & VIEWS

The Public Health Mission: Promote, Prevent, Protect

Promote

An important part of public health's mission is to assess the major health issues and then promote practical ways that communities and individuals can address those concerns. Public health professionals teach people about prevention and how to reduce the risk of illness, injury, and death. Health campaigns, such as Baby Your Baby, 5 a Day, The TRUTH About Tobacco, and Fight the Bite, educate and promote healthy practices. Other promotion efforts stress the importance of good nutrition, regular physical activity, safety, sanitation, risk reduction, and regular checkups as a way of helping people become more responsible for their own health.

Prevent

Public health practices have progressed with the advances in medical science. One of the great allies of the public health movement has been preventive medicine, with its use of vaccines to make individuals immune to many communicable diseases. Vaccinated individuals tend to think about their own freedom from danger, but their immunity also prevents the spread of disease to others. Smallpox, tuberculosis, influenza, and other once-fatal diseases now have vaccines to control their spread and prevent people from getting these diseases. Today, chronic diseases such as heart disease, cancer, stroke and diabetes are the major cause of premature death and disability. Prevention techniques are different for chronic and communicable diseases, but both remain top priorities for public health.

Protect

State and local health departments share a mission to protect people from disease and disability. This idea began in the latter half of the 19th century, when scientists found that most of the plagues were caused by germs, and could be scientifically controlled. The first emphasis was on sanitary sewage disposal, purification of water supplies, inspection of milk and other foods, quarantine of germ carriers, and extermination of flies, mosquitoes, and rodents that spread disease. As a result, diseases that could be controlled by environmental sanitation, such as cholera, bubonic plague, typhoid, and yellow fever, have almost disappeared from this country. Similar principles are still used today to protect the public from smallpox, anthrax, botulism, and other potential threats. 